

DESERT AIRMAN

Vol. 60, No. 39

Davis-Monthan Air Force Base, Ariz.

Friday, September 29, 2000

Around D-M

Blood Drive

The Red Cross will hold a blood drive Oct. 6 in the community center, from 8 a.m. to 4 p.m. Donors should start drinking plenty of caffeine-free fluids two days before donating and eat a good meal two to four hours before donating. Volunteers are needed for set-up, tear down and canteen duty, as escorts and at the sign-in desk. Call Tech. Sgt. Liz Santamaria at 8-9048 or the Red Cross at 917-2820 for more information or to make an appointment. Walk-ins are also welcome.

Absentee ballots

Many uniformed or civilian service members are eligible for absentee balloting under the Uniformed and Overseas Citizens Voting Act of 1986. Members must send in their federal postcard application at least 45 days before an election (keep in mind that some states have different deadlines). At least 42 states now accept the online version of the Federal Post Card Application. To get online applications, or to find out which states accept the form, visit the Federal Voting Assistance Program's Web site at <http://www.fvap.ncr.gov>. Call your unit voting assistance officer if you have questions or need assistance in preparing your absentee ballot request.

Days since
last D-M DUI:

12



Need a ride? Call Airmen
Against Drunk Driving
at 850-2233.

(Current as of Thursday)



Photos by Senior Airman Amy McBeth

D-M's security forces No. 1

Members of the Davis-Monthan Air Force Base 355th Security Forces Squadron claim the first place position at the Contending Warrior competition at Indian Springs Air Force Auxiliary Field, Nev., Saturday. (Top photo) Staff Sgt. Guy Dashnea, 355th SFS military working dog handler, (left) and Staff Sgt. Levi Cass, 355th SFS leader, (right) provide 360-degree security for a resource during the simulated hostile situation. (Lower left photo) Senior Airman Brian Vaught, 355th SFS leader, negotiates monkey bars as he works his way through the an obstacle course. (Lower right photo) Cass practices his skills with a 9 mm as he hurries to his next target. D-M's Contending Warrior team mentally and physically trained in the art and skill of combat tactics and marksmanship and their efforts were rewarded during the Annual Air Combat Command Security Forces Competition.

Outdoor Recreation out 'recs' all in the Air Combat Command

By Angie Erickson
Public affairs

The year was 1999. The place was Davis-Monthan Air Force Base, and the facility was Outdoor Recreation.

There was a lot of work to be done if the facility would compete among the other 18 bases in Air Combat Command for the best facility award.

After all, the building was more than 40 years old, resources were limited, and what equipment there was; well, let's just say it had seen its rental day. However, D-M's Outdoor Rec, had one resource that was to be unmatched and that would ultimately lead to their victory - their people.

"I was told that I was going to go

to work with some of the best people in ACC," said Lt. Col. Mike Archuleta, 355th Services Squadron commander.

Archuleta, taking command just three months ago, not only gets to work with a winning team, but gets to reap the benefits of the labor that went into winning the coveted Air

See Recreation Page 3

Commander's Corner

Commander's Salute

This week, I salute **Davis-Monthan Air Force Base members, especially 2nd Lt. Michael Stefani, 355th Wing,** who made the D-M 50 picnic not only possible, but such a success. Well done!



Col. Bobby Wilkes
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, at **8-4747**, or you can send an e-mail to us at: 355thWingCommandersCorner@dm.af.mil.

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of

general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published in the newspaper, we recommend you leave a contact phone number if you'd like us to provide an answer.

AAFES Agencies	748-7887
Accounting and Finance	8-4964
Chaplain	8-5411
Civil Engineering	8-3401
Clinic	8-2930
Commissary	8-3116
Family Support	8-5690
Fitness Center	8-3714
Housing Office	8-3687
Inspector General	8-3559
Legal	8-6432
Lodging	8-4845
Military/Civilian	
Equal Opportunity Office	8-5509
Military Personnel	8-5689
Public Affairs	8-3204
Security Forces	8-6178
Services	8-5596
Transportation	8-3584

Pharmacy

Comment: As a volunteer at the pharmacy, I see many cases of patients failing to pick up refills in a timely fashion. They are given five working days or seven calendar days before the medi-

cines are pulled from the shelves to be returned to the stock. This is time consuming as each item must be backed out of the computer, the labels privacy act info removed, and the items placed in their proper place in the stock

room. As a taxpayer we should urge customers to be more considerate and make every effort to pick up their medication on time.

Response: Thank you for addressing this very important issue. When people delay picking up their medication, it delays continuity of therapy and will sometimes result in decreased medication effectiveness. The other side of the problem is the manpower hours it takes to return the medication to the stock, and to re-dispense it at a later date. This causes greater delays for others waiting to pick up their prescriptions. The pharmacy's goal is to work together with its customers and maintain a healthy population. Please help them meet your needs. In order to have a successful outcome from a prescribed medication, it is extremely important to follow the health care provider's instructions. This includes taking the medication on an uninterrupted basis. If an emergency occurs and you cannot pick up your medication in the time allotted, please call 8-3010 and a note will be placed on items to be picked up late.

NCO Club

Comment: I just want to let you know I have kudos for the NCO Club. My daughter's wedding was held there in November and I wanted to let you know that Kevin Casing, Tim Woodsell, Jocelyn Bolden and Len Spen went out of their way to help us. Everything turned out beautifully and made it

a very special day with a lot less worry because of their help.

Response: Thank you for your kind comments about the Desert Oasis Enlisted Club and its staff. Quality customer service is a top priority of our club. From weddings, promotion and retirement functions, to sit-down dinners, the entire club staff is committed to making each event memorable. Call Wendy Decatur, Desert Oasis Enlisted Club caterer, at 748-8666 for assistance with any future club functions.

Speed signs

Comment: We just got back from Alaska where they had no speeding signs all over Canada, Alaska and the Yukon Territory: "All those who hate speeding tickets, raise your right foot". It is an eye-catching sign and I suggest signs like this be posted to raise awareness of speeding on base.

Response: Thank you for your call and concern for vehicle safety on Davis-Monthan Air Force Base. We follow the Manual of Uniform Traffic Markings as the standard for base traffic signage, and we also try to avoid 'sign pollution' by planting too many of them around the base. Too many signs create a cluttered look which contrasts badly with the natural beauty of our installation and creates safety problems of their own as potential visual obstructions for drivers. However, your idea is superb for the electronic marquee at the front gate, and we'll run it there.

Your Final Answer?

What is your favorite part of the DM-50 picnic ?



Senior Airman Joseph Crisostomo, **355th Component Repair Squadron,**
and wife Staff Sgt. Honeyeth Crisostomo
355th Medical Support Squadron

"We enjoy the family atmosphere. It is so nice to have the community come together and celebrate the military. It means a lot that the Tucson community supports us for what we do."



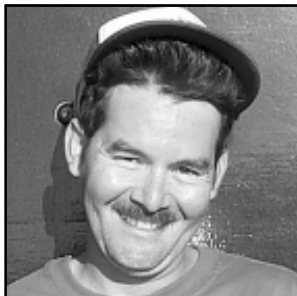
Penny West
wife of
Staff Sgt. Randall West
355th Medical Group

"All of the stuff for the children to do. This is our first D-M 50 picnic and I have found everyone to be so friendly. This is a great event for the military family"



Tech. Sgt.
Brian Wagner
354th Fighter Squadron

"All the stuff for our family to do. It is so nice that the D-M 50 has this for the military family. We had a great time."



Tech. Sgt.
Roberto Valencia
355th Services Squadron

"I have worked as a volunteer for five years at the D-M 50 picnic, and I enjoy the fact that I get to meet new people every year. This is an event that gets bigger and better each year."



Mary Whaley
wife of
Lt. Col. Joe Whaley
355th Support Group

"All of it. I love that D-M 50 does so much to support the base. Joe and I have been to a lot of bases and have not seen a base receive such wonderful support from the community."

Airmen 1st Class take fast track to senior airman

Members of the September Below-the-Zone Promotion Board selected the following Davis-Monthan Air Force Base airmen 1st class to receive their promotion to senior airman 6 months ahead of their peers:

Nelson Camacho, 355th Services Squadron; LaVonja Tonsall, 355th SVS; Conover Kristina, 355th Mission Support Squadron; Andrew Miller, 41st Electronic Combat Squadron; Wil-

liam Raddatz, 41st ECS; Adam Twitchell, 41st ECS; Jeanne Asbury, 612th Air Intelligence Squadron; Barbara Callaghan, 612th AIS; Amber Milne, 612th AIS; Ali Roozitalab, 612th AIS; Catherine Leopard, 355th Operations Support Squadron; Nathan Nestel, 357th Fighter Squadron; Maria Webster, 355th Medical Operations Squadron; Theodore Abegg, 355th Security Forces Squadron; Paul Bryant, Jr., 355th SFS; Leonard Godfroy,

355th SFS; Charles Hardbarger, II, 43rd ECS; Jayson Stone, 43rd ECS; John Wenz, 355th Component Repair Squadron; Omar Taguinod, 355th Supply Squadron; Todd Hardy, 358th FS; Orlando Mendoza, 358th FS; Craig Boyer, 355th Equipment Maintenance Squadron; and Michael Davidson, 355th EMS. Call 8-4128 for more information. (Courtesy 355th Mission Support Squadron)

Recreation

Continued from Page 1

Force Services Program Award for best Outdoor Recreation.

"It started out with the self-help renovation project," recalled Connie Knobb, Outdoor Rec manager, as she remembered the staff painting over the oh-so popular colors of the 1970s. "We worked as a team," she said with a smile on her face. "Teamwork, customers and volunteers are what helped us win the award."

With a new coat of paint the staff strived to have the décor represent the services it provided. Customers were asked to provide their interests and opinions of what they would like to see within the facility. Soon posters and displays were in place. The staff then expanded the information library, which enabled customers new to the area to get acquainted with Tucson and surrounding communities; added videotapes, compiled literature and books that can be checked out free of charge.

Hand-outs soon became a sought after. The staff took advantage of Services' Marketing who helped create just the look and information they were looking for. They created a calendar of events that outlined the trips and tours that helped to dramatically increase the customer awareness of the Outdoor Adventure Programs and instructional class offered.

Once the information started flowing, on base as well as off base networking became necessary. Outdoor Rec partnered with the Youth Center to provide equipment and expertise for young adults which resulted in a Teen Outdoor Adventure Program.

They began to work with Fort Huachuca, located in Sierra Vista, and Fort Tuthill in Flagstaff, to expand their trip programs.

"Utilizing these installations is good for us because we are able to reduce the costs since these installations already have permits and the equipment," Knobb said. "It helps

their business, and allows us to offer trips at affordable prices for our military family."

The staff developed an in-depth, 20-hour hunter safety course offered by the Arizona Game and Fish Department and D-M's small arms range. This program is offered several times throughout the year and serves to educate safety awareness to members assigned to the base and has been noted as one of the wing's best safety initiatives.

Since safety is of the utmost importance, the staff also developed a comprehensive desert survival, camping, hiking and watercraft safety handouts for their customers.

"We listened to our customers and accommodated their requests," Knobb said. When they responded positively on the customer comment cards, Helene Jufiar, the manager at the time and now the Information, Tickets and Tours manager for the Navy in Naples, Italy, knew they were right on track.

But they did not stop there. There was still much to be done, especially since Outdoor Rec covered so much territory to include the FamCamp, RV storage lot, the swimming pool, the skeet and trap range, the archery range and maintained the scheduling for Bama Park and Heritage Park.

FamCamp has become famous across the Air Force as being Outdoor Rec's top moneymaker, exceeding more than \$250,000 annually for the past four years. Just inside the Wilmot Gate, the camp of RVs broke a record in 1999 and produced \$272,545, which justified qualifying them for \$50,000 of ACC's non-appropriated quest funds for a \$200K expansion which would allow for 10 more sites to increase the number to 128 sites.

Outdoor Rec boasts another top producer in ACC with its skeet program, which earned \$19,200 in 1999. Both the FamCamp and the skeet program can brag about low op-



Angie Erickson

Richard Valenzuela replaces a battery in a bass fishing boat at the equipment rental yard, located behind Outdoor Recreation. Military ID card holders are encouraged to visit Outdoor Rec to take advantage of the variety of rental equipment available.

erating costs because they are both primarily run by volunteers.

Volunteers have been instrumental in the success of Outdoor Rec. "We have a pool of volunteers that assist us," Knobb said. "It not only saves us money, but adds a wealth of experience to our programs." She welcomes more volunteers to come along and partake in the many adventures and programs offered.

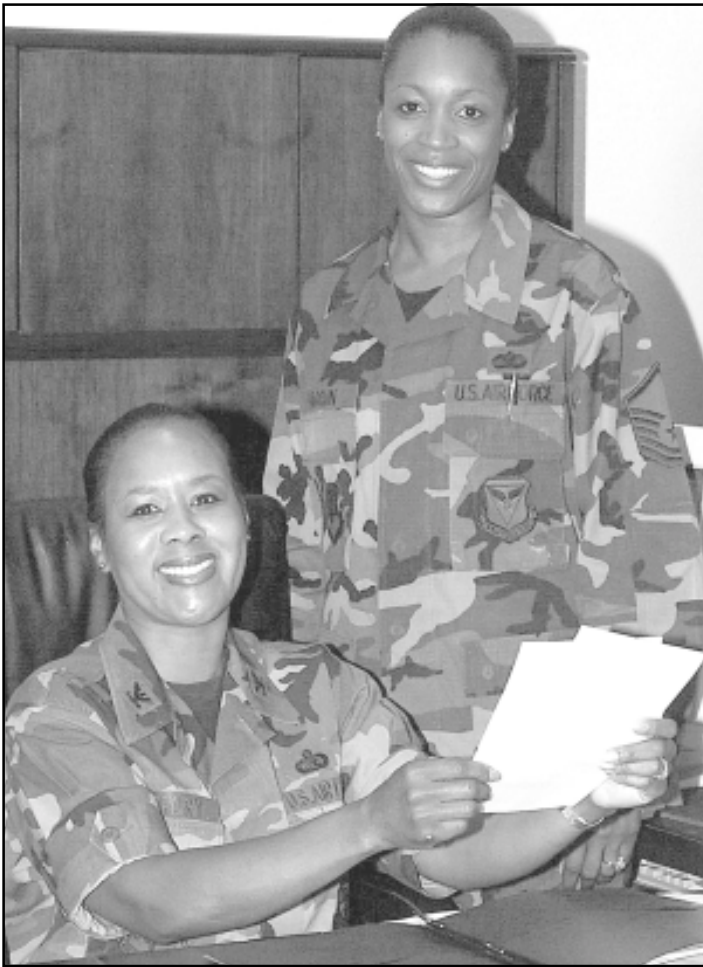
With so many wonderful things happening, it was time to update the equipment. The leadership was able to articulate the needs of the base community and received more than \$25,000 in contingency funds to expand the equipment loan and rental items.

"We agreed that the more that we

could do for our customer, whether single or married, the better that military member would be for their mission performance, and even improving their relationship with their families," Knobb said.

Whether you're a military member looking for equipment support for your squadron function, checking out the local area or seeking outstanding customer service, Outdoor Rec is ready to serve you in Building 4430, across the street from the Enlisted Club. Call 228-3736 for more information.

"We're your one-stop shop where customer service is priority," Knobb said, referring to the building that not only houses Outdoor Rec, but Information, Tickets and Tours and SATO Travel.



Airman 1st Class Maryann Walker



Senior Airman Amy McBeth

New commanders

(Left photo) Col. Brenda Gregory, 612th Air Communications Squadron commander, reviews paperwork with Master Sgt. Talena Hardin, 612th ACOMS information management chief. Gregory assumed command of the squadron Aug. 4. (Right photo) Airman John Lathrop, 354th Fighter Squadron assistant dedicated aircrew chief, (left) helps debrief Lt. Col. John Carter, 354th FS commander after a training sortie. Carter assumed command of the Bulldogs July 10.

FOD threatens Air Force assets

Although aircraft maintenance personnel are very familiar with the term foreign object damage, many Air Force members may think the term as foreign as the damage it refers to. Air Combat Command Instruction 21-101 defines FOD as any damage to an aircraft engine, aircraft system or tires caused by an external foreign object which may not degrade the required safety and/or operation characteristics of the engine, aircraft systems or tires.

What does this mean? Imagine your child dropping a few select pieces of your socket set into your running garbage disposal. Foreign objects have a similar effect on a running aircraft engine. This brings up the question, "how vulnerable are our aircraft?"

Many think the A-10 is a FOD-free aircraft. I hear maintainers frequently make statements like, "A-10 engines are so far off the ground that FOD isn't a problem at Davis-Monthan Air Force Base. How could an engine mounted eight feet from the ground ever have a FOD incident?"

The truth is, FOD plagues the Air force aircraft inventory regardless of the type aircraft. D-M has had more than 10 incidents for this fiscal year. Total incidents at D-M have reached a dollar value of more than \$495,000. Although the origins of some incidents are mysterious in nature, a large number are due to poor attention to detail. Even if a root cause cannot be determined, chances are, members create the FOD themselves.

The only cure for this destructive disease is prevention. FOD prevention starts with individuals concentrating on the smallest details. At-

tention to detail applies to all facets of the job including, tools control, tire checks prior to entering the flight line, emptying pockets before working on aircraft, keeping work areas clean or something as simple as picking up a small rock laying on the ground.

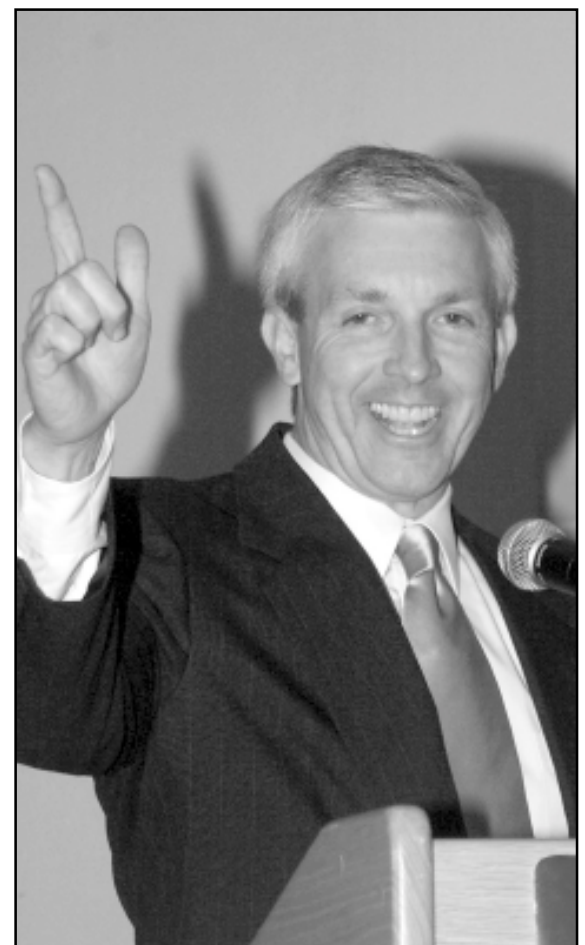
"Paying attention to surroundings can be extremely difficult when work pressures increase due to noisy aircraft, adverse weather conditions, fatigue, stringent deadlines or even repeated routine tasks," said Tech. Sgt. Mike Carney, 355th FOD NCO.

"When working in a FOD free area, prevention is something we need to make second nature. Looking for potential hiding places for FO is a start. I have seen many examples of FOD created by maintainers."

"Maybe it is the dollar amount that grabs your attention. Some members might read this article and reflect on a careless act that they did while performing a maintenance action," Carney said.

"Even though we are referring to machines, not people, FOD can be costly in human life as well as dollars. Human lives are at stake when considering the safety aspect of FOD prevention.

By combining all of the preventative measures to create not only a heightened sense of awareness, but also a vaccine to stop the deadly disease D-M members have the ability to the Air Force lives, equipment and money while more effectively accomplishing the Air Force mission. Call Carney at 8-2413 for more information or questions about FOD. (Courtesy 355th Wing FOD office)



Airman 1st Class Maryann Walker

CFC kickoff

Guy Atchley, KGUN Channel 9 evening news anchor, helps kick off the Combined Federal Campaign at Davis-Monthan Air Force Base during the CFC breakfast Sept. 15.



Senior Airman Amy McBeth



Tech. Sgt. Dan Kunkel

D-M 50 picnic

The D-M 50 picnic, an annual event sponsored by local community leaders to show their support and appreciation for D-M members, was Saturday at Davis-Monthan Air Force Base in Bama Park. The event, which was open to all D-M

members and their families, offered free food, drinks and entertainment throughout the day. (Left) Clowns and train rides were two of the activities available to entertain children. (Right) Liam Gannon enjoys himself on the children's train ride.

Advertising



Senior Airman
Michael Boe
43rd Electronic Combat
Squadron (photo unavailable)



Staff Sgt.
Hayley James
41st Electronic Combat
Squadron



Staff Sgt.
Jessica Stelling
355th Logistics Group



Staff Sgt.
Matthew Brice
41st Electronic Combat
Squadron



Tech Sgt.
Eric Brown
355th Logistics Support
Squadron



Staff Sgt.
Jeffrey Hermann
355th Civil Engineer
Squadron



Airman 1st Class
Andrew Miller
41st Electronic Combat
Squadron

OTS selectees

(Above) Davis-Monthan Air Force Base airmen were selected in August and September to attend Officer Training School, pending medical qualification. As they prepare to trade their stripes for bars the education center prepares for another commissioning briefing to let anyone interested in commissioning programs know what is available. Commissioning briefs are given the second Wednesday of every month in Building 3200 at 8 a.m., unless otherwise noted. The next briefing

will be Oct. 11 in Room 264. Members unable to attend the meeting may schedule an appointment, which will last approximately one hour, with Phil King at 8-4249 or Dr. Ronalyn Akcadogan at 8-5191, both are counselors at the education center on the second floor of Building 3200. The next commissioning board will meet Oct. 17 to 20. Visit the D-M education center for more information. (Courtesy 355th Mission Support Squadron)

Advertising

D-M members to prepare for AEF 1,2

Aerospace Expeditionary Force 1 and 2 deployment processing for Davis-Monthan Air Force Base members is scheduled for Oct. 10 and 24 from 8 a.m. to 11 a.m. in Building 4859. To get to Building 4859 travel south on Craycroft Road, which will turn into Tempe Street, and left on Phoenix Street. Travel west for approximately one block and Building 4859 will be on the right hand side Call 8-4500 for more information. (Courtesy Logistics Plans Flight)

CFC pledge

(Right) Col. Bobby Wilkes, 355th Wing commander, helps kickoff the Combined Federal Campaign at Davis-Monthan with the completion of his pledge form as Chief Master Sgt. John Foran, 355th Wing command chief master sergeant, watches. The CFC campaign at D-M CFC volunteers will continue through Oct. 31 as 300 D-M prepare to make this year's campaign the best ever. Call Maj. Richard Harrington, base project officer, at 8-4196, for more information or call your group representative. Group representatives are: 355th Wing Staff: 2nd Lt. William Ferguson at 8-3840; 355th Operations Group: Maj. Brad Byrd at 8-9660; 355th Support Group: 1st Lt. Gretchen Reed at 8-3446; 355th Logistics Group: 1st Lt. Sarah Maile 8-3630; 355th Medical Group: Maj. John Johnson at 8-2918; AMARC: Peg Nelson at 8-8440; and 12th Air Force: Capt. Matt McCabe at 8-6363.



Senior Airman Amy McBeth

Mustang Field

Wilkes, 355th Wing commander, tosses out the first pitch during the opening of Davis-Monthan Air Force Base's newly dedicated Mustang Field Saturday as the D-M Honor Guard posts colors behind the pitcher's mound. The ballfield project, which started in May, took approximately three months to improve the overall quality of D-M fields, including the re-seeding and thatching of outfields, and the complete resurfacing of infields. The project was financed from money the base received as ACC's 1999 Installation Excellence Award winners. The dedication of Mustang Field was followed by a two softball games between the Chiefs and the Eagles, and the Commanders and the First Sergeants. The Chiefs, which consist of Davis-Monthan Air Force Base chief master sergeants, came out swinging and jumped to an 11-0 start in the first inning to finish the game at 20-6 defeating the Eagles, which consist of D-M commanders. The second game, after a slow start ending the first inning with the Commanders leading 4-2, ended with a 24-2 victory for the Commanders.



Senior Airman Amy McBeth



Senior Airman Amy McBeth

Artist Competition

Col. Francis Hendricks, 355th Support Group commander, congratulates Jonathan Baker during the Annual Air Force Artist, Craftsman and photography Contest Awards and Exhibits event Sept. 17 at Davis-Monthan Air Force Base. First place winners and categories they placed in were: **Adults photography:** Alba Garcia, military life; Wayne Novy, people; Alfredo Garcia, scenic/nature and best of show; Kenneth Chandler, creative effects and computer imaging enhancing; Kimberly Gessling, computer imaging enhancing; **Adults craftsman:** Jonathan Allenegui, fine art; Victoria Harrison, textile art; Paul Hegstrom, industrial art; Patricia Boyd, multi crafts; **Youth:** Kiley Stroman, fine art and best of show; Susan Schell, textile; and Jocelyn Baker, multi crafts.

Advertising

Conviction defines personal character

By Col. Francis Hendricks
355th Support Group commander

Decisions are part of all of our daily lives; what to wear, what to eat, what to do on our day off. But some decisions we will be asked to make will define who we are as individuals. In essence, they will define our character.

As a young lieutenant, I had the distinct opportunity to work for an individual who personified personal character and integrity. My position was aide-de-camp, and my boss, a major general, was the commander of the 314th Air Division at Osan Air Base, Korea.

The general was a fighter pilot, with two confirmed MiG kills and two probable kills in Vietnam. A mountain of a man, he sported 24-inch biceps, a 54-inch chest, and still warmed up on the bench (bench press) at the age of 50 with 315 pounds. For stress release, he would bend 16-penny nails. For our entertainment, he would tear the AAFES catalog, from the bound end. While these feats are amazing, again it was

his strength of character that made the biggest impression on an impressionable lieutenant.

While attending a social function, hosted by the Republic of Korea Air Forces Chief of Staff, I saw this strength of character tested. For you see, in Korea alcohol plays a big part in their culture. At functions such as this, it is Korean custom to bow and offer guests a drink. To refuse the offer would disgrace the individual who made it.

At this particular function, I watched as a ROKAF colonel approached my general, bowed and offered him a drink. Unbeknownst to the colonel, the general had made a decision earlier in his life for religious or personal reasons not to drink alcohol. Now he faced the personal dilemma of offending his host, the ROKAF Chief of Staff whom he was engaged in conversation with at the time, and the ROKAF colonel who had made the respectful offer, or forgoing his personal conviction. My general never hesitated, he bowed, accepted the drink and raised it over his own head and poured its contents over



Senior Airman Amy McBeth
Col. Francis Hendricks, 355th Support Group commander (center), reviews information from a base map with Maj. Glenn Rattell (left) and Tech. Sgt. James Wirth, 355th Communications Squadron.

himself. He then bowed again, offered the glass back to the ROKAF Colonel, and turned his attention back to the ROKAF Chief of Staff re-engaging in further conversation.

I never forgot what I saw there that night. While his action catapulted his stature with the ROKAF to new heights, it also made an indelible impression on me. He demonstrated that you could honor another's customs without compromising your own personal conviction. I can attest to the fact that this wasn't the last social function he was invited to, but it was the last time he was offered an alcoholic drink.

As we face various situations in our lives, our personal conviction will be tested from time to time. Our decisions, like that of the general,

will define our character. Will we have the internal strength to stand by our conviction, or will we allow them to be compromised for the sake of fitting in? The peer pressure to drink while still underage is an issue that faces many of our young airmen. The rest of us will face other challenges just as taxing. To each I welcome the internal strength to standby your conviction and have your decisions define your true character for all to see.

The general that made such a big impression on this then-lieutenant was Maj. Gen. Fred Haeffner. A former wing commander of the 355th (Tactical Fighter) Wing at Davis-Monthan, he is still inspiring all that enter the building that adorns his name, our fitness center.

Welcome to Davis-Monthan

Col. Donal Collins, Air Combat Command Security Forces Director

Brig. Gen (s) Marc Rogers, 49th Fighter Wing Commander

Maj. Gen. John Bradley, 10th Air Force Commander


Col. Tommy Dyches, 301st Fighter Wing Commander

355th Wing Flying Goals

Hours	41st	42nd	43rd	Sorties	354th	357th	358th
	ECS	ACCS	ECS		FS	FS	FS
Goal	338	382	186		385	350	343
Flown	218	308	186		374	326	291
Delta	-119	-49	-87		-15	-24	-52
YTD	0	5	-4		-15	77	19

Current as of Wednesday

October Promotion Line Numbers



1777 - 3500 1748 - 2710 1265 - 1887 0588 - 0721 0314 - 0372

UNIFORM "ISSUE" -- Can I roll up the sleeves on my Flight Dress Uniform (aka flight suit)? Answer: No. Air Force Instruction 36-2903, ACC Supplement 1, paragraph A2.1.General, Line 2 states: "Sleeves will be worn full length (not pushed up)." Wear your uniform proudly and professionally at all times! (Courtesy of 355th Mission Support Squadron Personal Affairs Element)

DESERT AIRMAN

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www.dm.af.mil click on Desert Airman

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For advertising information call 294-1200 or stop by Territorial Newspapers, 3280 E. Hemisphere Loop, #174, Tucson, Arizona 85706

Depressed? Help available, treatment works

By Karen Halstead
Public affairs

Today's military requires our members to do more with less, which usually results in the military members spending more time each day at work and less at home with the family. Our active-duty members also spend more time away from home on extended temporary duty assignments, leaving the spouses to fill the gap.

These stressful experiences our families endure while their military sponsors are serving at remote locations, can leave those who are left behind vulnerable to develop physical or emotional problems. Family members can experience emotional problems like major depression and flairs of physical conditions such as tension headaches and indigestion.

Sometimes social support from other adult family members and friends is not enough to help the spouse of a deployed military member cope with the stresses of military life.

Untreated, prolonged depression can increase a person's risk for suicidal thoughts and acts. Depression crosses all socio-economic and ethnic lines. Under prolonged stress, people who allow others to have unreasonable demands of their time, people who neglect their own physical needs for exercise, good nutrition and adequate rest and people who have family histories of depression are all especially vulnerable to developing depression, and perhaps suicidal thoughts.

To help our families understand they aren't alone in their daily struggle, here's a true story and how some people deal with the debilitating crisis of depression. It's not only true, it happened to me and here is my story.

It all started in 1985, a "buck" sergeant, I was assigned to the Public Affairs office at Sheppard Air Force Base, Texas. I took 30-days leave to return to my home in Pennsylvania to assist my mother, who was having medical problems and needed to take early retirement. My husband, an Air Force staff sergeant, taught electronic principles at Sheppard AFB, Texas. He was only able to get 15 days off.

I stayed behind when my husband returned to Texas. But, when I did return to work, my schedule was more than hectic. The base was one week away from an operational readiness evaluation. Besides catching up on the normal workload, there was also extra work to make certain our PA "on-scene" crash kits were ready for the inspection.

My husband and I spent little time together that week after I returned. I worked long days and nights catching up and preparing for the upcoming inspection.

Later that same month, I learned "we" were pregnant, something we didn't expect since doctors had told us we probably wouldn't ever be able to conceive.

My pregnancy went from bad to worse. After one round of early labor, and a stay in the hospital, everything seemed to calm down, although I didn't ever really feel right after that. When my husband and I married, we agreed if we became pregnant one of us would separate from the military to give

our children one stable parent at home. Eventually, we decided I should separate from the Air Force and a few months later our son was born.

He died six-and-a-half hours later when the medical team couldn't stabilize him to be medevaced to Wilford Hall Medical Center. The autopsy revealed multiple birth defects.

I began to feel let down. I no longer had an Air Force career, my health had been dramatically altered as a result of the complications of my pregnancy and my ailing mother would soon be living with us.

As if this wasn't enough, my husband received orders for a remote assignment just seven months after our son's death.

Meantime, I took a staff writer's job with a local newspaper. I dealt with people all day long, but each day my own life was crumbling a little more than the day before. On the outside I functioned well enough that my colleagues didn't suspect anything was wrong. But at home, my family knew something was very wrong. They were so close to me that they were frightened about recommending I seek help. They didn't know if their recommendation or help would be enough to drive me over the edge.

I was depressed.

Each morning it took everything I had to get out of bed. I cried, a lot. I didn't think anyone could understand how I felt.

One day while seeking help at the Family Support Center with our taxes, I broke down in tears. The FSC member realized it was more than about getting help for our taxes. She knew I needed help and didn't wait. She acted quickly to get the help I needed. Besides helping with my taxes, she even made me an appointment with a psychologist off-base.

I felt helpless and hopeless. I really didn't care if my life went on. I even thought about ways I could end my life. But in my heart I knew that if I decided to take my life I would only hurt my mother so very badly, and my husband would be so alone.

I couldn't do it, but I also couldn't get over the gloom and doom that consumed me. It was scary to have to look at my life – in an up-close and personal way with someone I didn't know. Even though I feared what I would find, I also knew I couldn't go on the way I was.

I was concerned that with all the added expenses of my husband's remote assignment, we couldn't afford the extra medical bills.

But with a couple years of counseling, with both a psychologist and psychiatrist, I changed. Today, I'm a much different person. I am happy; I laugh a lot. I have a whole different perspective about what is important.

My relationship with my family is also much better, continuing to grow everyday.

If you have a friend or a family member who displays signs of depression for more than a few weeks, they need help. Please don't wait until it is too late to help.

The Air Force trains the active-duty force that suicide represents a tragic loss of life; I must agree. They also receive training about warning signs and what they should do to help the people

they perceive are having problems.

According to Air Force literature, the people most likely to spot a potential suicide victim are his or her friends, co-workers and immediate supervisors.

Here are a few warning signs to look for and things to do to if you believe a friend or loved one is depressed and considering suicide.

When verbal communication attempts fail to be recognized, people result to non-verbal communication. Suicide attempts and gestures are non-verbal pleas for help.

People often withdraw from family activities. Spouses often withdraw from the intimacy of their marital relationship.

Eating habits can change, as well as the care a person has for their appearance. A punctual person begins to miss appointments; bills might not get paid on time if they are the responsible one in the family who cares for the finances. If a friend begins to give away prized possessions for no apparent reason, be suspicious.

People who consider suicide often drop suicidal hints that include both changes in their behavior and through their verbal communications. If you are concerned about someone, make time to check on how they are doing. If they admit to difficulty in coping, persuade them to seek professional help.

If they tell you of suicidal thoughts and admit the intent to act on those thoughts – this is an emergency – please insist they get help and do not leave them unattended until they are seen in an emergency room.

If a suicidal person refuses to get help, ask for assistance from law enforcement. Your friend can get over their temporary anger with you for interfering with their suicide, but they can't get over being dead. Saving a friend's life is worth risking the friendship.

If you are the one who is depressed, or having suicidal thoughts and someone asks if you need help, please be truthful. If you need help, have the common sense to accept help. In the majority of cases, serious depression is effectively treated, but only if the depressed person shows up for treatment. Many other people care about your well being, even if you are sometimes too depressed to realize it.

For TRICARE-enrolled family members, a list of local TRICARE-affiliated mental health professionals is available at the TRICARE Service Center. No referral is needed and the first eight therapy sessions are pre-approved. Active-duty members can make walk-in appointments at the Mental Health Clinic during normal duty hours.

D-M's chaplains are also able to assist people experiencing spiritual crises or difficulty coping with life's challenges.

If you think treatment can be too costly, in terms of co-payments or job security, please think again. Untreated depression brings hours of needless suffering. The worst consequence of untreated depression – suicide – leaves an awful, devastating, permanent impact on family, friends and co-workers. So if you are depressed, please do get help – treatment really does work.



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Advertising

October is National Physical Therapy Month

By Maj. Subrina Linscomb
355th Medical Group

Physical therapists and physical therapists assistants are celebrating National Physical Therapy month by hosting a variety of events throughout the month of October.

This year's theme is "Health in Balance," and is designed to increase the public's awareness of the health benefits provided by physical therapy.

Physical Therapy in the United States was established by order of the Surgeon General of the Army in 1918.

Early therapists were civilians assigned to special military hospitals within the continental U.S., and whose duties included treating

injured soldiers during World War I. Their work was so impressive that the Army decided to include therapists in overseas hospitals in September 1918.

PTs continued to serve the needs of the military as civilian employees until December 1942. After passage of Public Law 828, PTs earned the privilege to serve as commissioned officers in the armed forces.

So who are PTs?

PTs are health care professionals who optimize the body's function following injury, illness, or disease by assessing joint motion, muscle strength and endurance, function of heart and lungs, and performance of activities required in daily living. Treatment includes therapeutic

exercise, cardiovascular endurance training, and training in activities of daily living.

Physical therapists are experts who create health and fitness programs designed to strengthen the body.

PTs are proactive health care professionals who promote strong bodies through injury prevention techniques.

More than 90,000 PTs practice in the U.S., treating nearly 1 million people every day. Currently, there are more than 140 PTs practicing in the United States Air Force.

Physical therapists assistants are skilled health care providers who work under the supervision of PTs. Duties of the PTA include assisting

the physical therapist in implementing treatment programs, training patients in exercises and activities of daily living, conducting treatments, and reporting to the physical therapist on the patient's responses.

The PT staff of the 355th Medical Group invites you to celebrate National Physical Therapy Month with us.

Please stop by the BX or fitness center during the week of Oct. 16 for a free foot analysis and shoe type recommendation.

The American Physical Therapy Association, representing more than 70,000 members, sponsors national physical therapy month. APTA's goal is to foster advances in PT practice, research, and education.

TRICARE enhanced benefits help women with breast cancer detection/prevention information

Did you know that one out of every nine American women will develop breast cancer in her lifetime? TRICARE provides enhanced benefits for female beneficiaries to assist in the early detection and prevention of breast cancer. High-risk women—whose sister, mother and/or grandmother on either side of the family were diagnosed with breast cancer before menopause—are particularly encouraged to utilize these benefits.

For TRICARE Prime beneficiaries, there are no copayments with the following reimbursable services.

Clinical Examination—For women ages 40 and older, clinical breast examinations should be performed annually. A primary care manager (PCM) may elect to perform an exam for high-risk women younger than 40.

Mammography—Women should receive a baseline mammogram at 40, one every two years until the age of 50, and annually after 50. A high-risk woman should receive a mammogram at 35 and then annually throughout her lifetime.

Take an active role in the fight against breast cancer by performing monthly self-examinations, as well as having recommended clinical exams and mammograms. With early detection and treatment, the outlook can be very positive. Some

encouraging facts to consider include:

Approximately 90 percent of breast masses are discovered by the women themselves. Mammography exposes women to only minimal amounts of radiation, and can reveal small breast cancers up to two years before they can be felt. The overall five-year survival rate for breast cancer is 75 percent. However, the five-year survival rate for localized breast cancer has risen to 91 percent because of advances in early detection, surgical procedures and therapy. More than 80 percent of breast lumps are not cancerous.

Basic breast self-examination method - Using the pads of three middle fingers, examine each breast in a circular pattern. Start near the collarbone, and with small circular motions, move toward the nipple. Check down the bra line, and from the armpit to the breastbone with both light and deep pressure.

In the shower: Soap each breast. Raise the left arm and check your left breast and underarm area with your right hand, and vice-versa. Feel for changes month-to-month.

In front of a mirror: Look for visual changes (puckering, dimpling, skin texture) to your breasts while (a) bending forward at the waist, (b) while arms are at your sides, (c) with hands over your

Get a head start on the cold, flu season!

The flu is a viral illness that commonly occurs in the winter and affects many people. Its symptoms are similar to a cold, but usually comes on suddenly and are more severe. Symptoms include fever (101°F -104°F), chills, muscle aches, headache, pain in the muscles around the eyes, fatigue and weakness, sneezing and runny nose. These symptoms may last five to seven days. Although a person with the flu feels very sick, it seldom leads to more serious complications. The illness is usually dangerous only for infants, older adults and people whose immune systems are weakened by some types of chronic diseases or some medications. Next: Flu Prevention Tips

head, and (d) with hands clasped under the chin while flexing chest muscles.

Lying down: Lie down and place a small folded towel under your shoulder. Repeat the fingertip exam of each breast in the circular pattern. Reverse sides.

Consult your primary care manager about any changes you feel. For more information on women health issues, visit the Health Promotion Website on the D-M Intranet. *(Courtesy of the 355th Medical Group)*

Advertising

\$900 million-plus up in smoke

By Capt. James Kahler
355th Medical Group

Imagine a state-of-the-art fitness center with enough equipment so you never have to wait; or perhaps a multiplex cinema on base. These dreams could become a reality if the Department of Defense didn't have to spend more than \$900 million per year on smoking-related health care and lost productivity. What could we do with an extra \$900 million per year?

We could solve manning shortages and reduce frequent TDYs, as more people would lengthen stays

at home. Nine hundred million dollars is what it costs to employ 3,537 people; an average-size Air Force base.

The expression, "that is on back order," would be removed from our routine conversations as \$900 million would allow for spare and replacement parts to be readily available so we could easily accomplish the flying mission.

Currently 30 percent of active-duty people smoke, in comparison to 24 percent of the general population.

Everyone knows smoking is bad

for your health, but many Air Force people continue to do it.

The warnings from the Surgeon General that tobacco causes cancer, as well as other medical problems, seem to be ignored by many young people. The greatest number of smokers in the Air Force is between the ages 18 and 25, with nearly 35 percent of members in that age group who smoke.

Basic trainees are forbidden to smoke or use tobacco products while they are in training. After eight weeks of being smoke free, when the physical addiction to nicotine has abated, why do they

return to tobacco? Some blame the increased stress due to high ops tempo, deployments, and family separation. Just think what \$900 million could provide to help relieve all those stresses.

Perhaps the greatest injustice in all this is that the minority, the 30 percent who smoke, are keeping the majority of people from having a better quality of life.

If you don't quit for your own health, or the health of your family members, quit for the rest of the Air Force community. Every time a smoker lights up, everyone else's quality of life goes up in smoke.

Our nation understands, appreciates sacrifices we make

By Lt. Col. Dave Henderson
*384th Air Refueling Squadron
McConnell Air Force Base, Kan.*

Recently, I attended a military funeral and during the service I reflected. Why is it, 40 years after a veteran has left the military, people so strongly remember that this individual served his country?

I can remember when World War II veterans from my local community died, and for each one there is as much in their obituary about their military service as for the other 60 or more years of their life. How can it be that these people are remembered so much for what ultimately was a relatively few years of their life?

I think the answer is sacrifice. By the very fact they were veterans, these people gave some period of their lives for the good of this nation. They didn't all give the same. Some answered the call during a time of crisis, while others spent an entire career in the military. Some maintained, some operated, some administered. Some supplied the bullets to the front, some fired the bullets across the front,

some didn't return from the front. All answered the call.

Consider these honored veterans, and think about what you are doing now. Perhaps you think you simply go to the office or the flightline and put in your 12 hours. Or perhaps you look ahead to the day when you can make the transition back to civilian life. Either way, don't miss the here and now.

Each day, we all live an adventure. Sure, it may sound like a commercial, but think about it. How many of your old friends from back home are dealing with millions of dollars worth of equipment every day? How many of them can say if they don't get their job done exactly right, someone else may pay the price with their life? And who among them can say that what they do provides security for an entire country? How many of them can say they lived away from their loved ones for months on end because it was important to the well being of the nation? And how many of your peers do you believe have thought about the possibility they could give their life in the course of doing their job?

There are some. Certainly police and

firefighters provide our communities with protection and certainly they risk their lives, but military members do this on the grand scale — for the whole.

Someone actually does think about your sacrifices — our grateful nation that so readily honors our veterans. It is precisely because many people have pondered these sacrifices that veterans are remembered so much for their service, even 40 or 50 years after they have left active duty. At the military funeral I was thinking, here lies a man who put his life on the line to protect us all. Was he any braver than the rest? Maybe, maybe not. But when this country had a tough job to do, there is no doubt that he stood and said, "I'll do it."

Whether you realize it or not, you are that person, right now, right here. You have said, "I'll go to the far corners of the earth. I'll endure long separations from my loved ones." You ask little in return considering what you give this nation.

To you it may seem like any other job, but your country will remember your sacrifices for all of your days. You have, in essence, stood and said, I'll do it.

Advertising



Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base team. Members are nominated by their commander or first sergeant, and the article is compiled by the Desert Airman staff.)

With more than \$2 million in base-wide service contracts to administer, one might think Tech. Sgt. Carlos Acosta, 355th Contracting Squadron, has enough on his "plate." He likes it even fuller, though, so he's added to it a marriage to his "inspiration," his wife Julie, and three children -- Andrew, Charlie and Alexandria.

The 16-year Air Force veteran hails from Venice, Calif., and adds hobbies like bowling and woodworking to an already-hectic schedule.

"Sergeant Acosta is a model NCO," said Master Sgt. Jody Weldon, first sergeant for the 355th CONS. "He is called upon to handle the most challenging contracts, with the base acquisitions flight, and has tackled the huge task of training the entire flight on the standard procurement system."

Acosta joined the Air Force because, "I needed a job." His career goals are to make master sergeant and complete a bachelors degree. He loves the weather at D-M, but his best assignment was at RAF Little Rissington, England. "It's a beautiful area of the UK."



Senior Airman Amy McBeth

Advertising



(left) Staff Sgt. Lori Payton, 355th Operations Support Squadron, and her twin sister, Staff Sgt. Lynn Tigler, assigned to Hurlburt Field, Fla., got a chance to work together again at the Joint Personnel Access Center.

Courtesy photo

Seeing double

Local IM, twin together again at JEFX '00

Imagery technology was one of the 45 initiatives being looked at during Joint Expeditionary Force eXperiment '00.

And while the mirror images of Staff Sgts. Lori Payton and Lynn Tigler are also being looked at, they are not part of some double-vision scenario designed to test a new technology. What the twins are doing, however, is causing plenty of confusion for other JEFX '00 participants.

"A lot of people here are coming up to me and congratulating me on getting married because they see the different name (on the uniform)," Payton said. "One captain even yelled at me – 'How could you get married and not tell me!'"

Payton, who was on temporary duty from Davis-Monthan Air Force Base, Ariz. (where she is assigned to the 355th Operations Support Squadron), said she sometimes plays along when people mistake her for her sister Lynn, who is permanently assigned at Hurlburt Field, Fla.

The two are both information managers and worked in the Joint Personnel Access Center.

That can really get mind-boggling when JEFX participants in-process through Lori at the front desk and then turn the corner to see Lynn at the copy machine. "Hey, wait a minute..." is usually a common response.

But that's not all the twins have in common. Born March 27, 1969, in Sayre, Pa., they

joined the Air Force together Dec. 30, 1987, and were in the same basic training flight. Then, they were roommates in tech school. After that, they both received their first assignment to Davis-Monthan and were stationed there together for their first seven years in the service.

"I don't know how we ended up together," Payton said. "We weren't coded for any buddy system and didn't request to be (assigned together)."

While at Davis-Monthan they both got married to guys from Indiana – sheer coincidence, they say. Before they left the base, they were both divorced.

Those kinds of parallels just seem to come naturally.

"We can show up after not seeing each other for months and we'll be wearing the exact same dress and have the same hairstyle," said Lynn, who is technically seven minutes older than Lori.

"Last year, we even sent our mom the same mother's day and birthday cards from two different states."

"Not only that," said Lori, "but we sent each other the exact same card for Valentines Day this year."

Maybe that's not so unusual after all, considering the two used to sleepwalk together as children and are so identical in mannerisms

and thought processes that even their parents couldn't always tell them apart.

"That's nothing," said Lori, "she (Lynn) will look at pictures of the two of us on vacation and she'll say something like, 'Boy, I was having a good hair day there,' and I'll have to say, 'That's me.' So she can't even tell us apart looking at pictures."

If they have trouble keeping each other straight, what hope do the rest of the participants at JEFX '00 possibly have?

"Well, Lynn is the one with the stupid, fake giggle," said Lori helpfully.

"Hey, it's not fake," interjected Lynn.

Lori also admits to the self-proclaimed title of the 'evil twin' based on her tendency to play tricks on people.

"Yep, she's mean and I'm friendly," agrees Lynn. "She puts in appearances for me in Tucson at places."

"For example, she'll show up at a karaoke bar, use my name to sing and make my friends there think I'm back on vacation. I'm not too pleased about that."

For the present, both were there for the Air Force Chief of Staff-sponsored experiment, which may lead some to wonder whether or not there might be a need for a 46th initiative to develop an imagery technology device to tell them apart. (Courtesy Hurlburt Field, Fla., Public Affairs)

A and A Days: Cockpit notes

Bill Reesman, and his vintage Russian MiG-17 fighter jet will be one of more than 15 aerial acts to fill the skies over Davis-Monthan Air Force Base at Aerospace & Arizona Days 2000 Nov. 4 and 5. A full day of flying begins at 9 a.m. each

day, and culminates with the performance of the U.S. Air Force Thunderbirds.

Reesman will put his bright red Russian MiG-17F, Vietnam-era aircraft, "Red Bull," through beautiful and demanding 8g maneuvers at speeds approach-

ing 600 mph.

In addition, he performs the world's only jet-fighter, night aerobatic, pyrotechnic act, the "Red Bull Meteor."

At age 13, Reesman learned to fly in a Piper J-3 Club. At the legal age of 16, he soloed for

the first time. Since then, he has logged more than 7,000 hours in a variety of demanding flying positions.

He served 20 years as an Air Force and Air National Guard fighter pilot, including 320 combat missions over Vietnam in the F-100 Super Sabre. He received numerous combat decorations, including the Distinguished Flying Cross.

Reesman's red and black MiG-17 is a fully aerobatic aircraft that develops 7,900 pounds of thrust at a speed of more than 500 knots.

The 12-minute performance is expected to leave the airshow crowd breathless as Reesman puts the MiG-17F through its paces and performs a series of maneuvers, including a 600-mph flyby and a series of "killer" airborne turns.

Visit Reesman's Web site at www.wanews.com/airpro/acts/redbull.html for more information.



Courtesy photo

Check out the A&A Days Web site at www.dm.af.mil/aa for the latest information on A&A Days 2000

Korean War remembered



(Editor's note: As America recognizes its veterans (over the next three years) to commemorate the 50th anniversary of the Korean War, the Desert Airman will run significant events

related to the Korean War.) This week in 1950, the following significant Air Force events occurred:

By October, few organized units of North Korean soldiers remained in South Korea. Army Gen. Douglas MacArthur prohibited further destruction of rail facilities south of the 38th parallel unless the enemy were actively using them. UN and ROK forces advanced steadily into North Korea, taking Pyongyang and Wonsan and driving toward the Yalu River, which ROK troops reached by the end of the month. During October, most 5th Air Force subordinate combat organiza-

tions-four fighter groups and two reconnaissance squadrons-and much of the support infrastructure moved from Japan to Korea. United Nations forces captured North Korean airfields at Wonsan, Sinmak, Pyongyang, and Sinanju, all of which became available to Far East Air Forces and 5th Air Force aircraft. A scarcity of strategic targets in North Korea permitted the return of the 22d and 92d Medium Bombardment Groups to return with their B-29s to the United States. The FEAF interdiction campaign against enemy bridges south of the Yalu River concluded, and as the daily number of fighter and bomber sorties declined, daily cargo sorties increased. During the month, FEAF aircraft transported 2,840 patients within Korea and 3,025 patients from Korea to Japan. To communicate a surrender ultimatum from MacArthur, FEAF aircraft dropped more than 4 million leaflets over parts of North Korea not yet in UN hands. Just as a united, non-communist Korea seemed within reach, over 180,000 Chinese Communist Forces troops slipped over the Yalu River into

North Korea.

Oct. 2: In an effort to crush NKA reinforcements, twenty-two FEAF Bomber Command B-29s attacked a North Korean military training area at Nanam, destroying seventy-five percent of the buildings. The 8th TRS moved from Itazuke, Japan, to Taegu, Korea, to become the first USAF day reconnaissance squadron stationed in Korea.

Oct. 3: In a message to the Indian ambassador, China warned that it would send troops to defend North Korea if non-Korean UN troops moved north of the 38th parallel.

Oct. 4: Far East Air Forces gained operational control of all land-based aircraft in Korea, including USMC squadrons at Kimp'o. Anticipating the acquisition of enemy air installations, Far East Air Forces stopped most attacks on airfields south of the 40th parallel. The 2nd South African Air Force Fighter Squadron, the Union of South Africa's contribution to UN airpower, arrived in the theater and was attached to Far East Air Forces.

HerCs & Hogs make their mark in AF Marathon

By Angie Erickson
Public Affairs

Looks sure were deceiving as three of Davis-Monthan's fastest runners and one local Air Force recruiter made their way to the stage to receive their team medals in the awards ceremony for the 4th Annual Air Force Marathon held Sept. 16 at Wright-Patterson Air Force Base, in Dayton, Ohio.

While they actually finished in an impressive eighth place out of 400 teams, they were the first-place relay team for the Air Force finishing with a time of 2 hours and 40 minutes.

Dressed in olive drab T-shirts with a C-130 and a pig painted on the front with just a black magic marker, one would have thought these runners were mere sweat hogs rather than the Air Force's top relay team. After all, it was the evening prior to the run that the 355th Civil Engineer Squadron's Michael Freeman, Jason Self, Tim Baumgartner and 362nd Recruiting Squadron's Bill Relyea came up with their creative team uniform.

"At the starting line — a half hour before the race — we all looked around at teams with matching sweat suits, new shoes and even coaches. Then, we compared that to our decorated cut-off T-shirts, worn out shoes, and random assortment of clothing to keep warm. That made all of us realize the hercs and hogs simply do more with less," said Freeman, who was the first runner in the 26-mile relay.

Freeman, 6'9", did not savvy himself as a runner prior to the marathon. It was only after his teammates convinced him that it wasn't the entire 26 miles he would have to undertake -- but a mere five miles he would have to endure -- that he agreed.

"My legs ached, my upper body was numb from the morning chill (40 degrees), and I had just finished the 165-foot elevation climb between mile markers one and two when I realized I still had three more miles to go before I could pass off the baton," Freeman said. "I asked myself, why did I do this?"

However, not wanting to let his team down, he persevered up the hilly and windy course until he reached Self who then took off like the wind. On his seven-mile course he finished his first mile at five minutes and 40 seconds, and then averaged six-minute miles throughout his leg.

"I kept asking myself when was the hellish pain was going to stop, but I knew the team was counting on me, even as I had a gut check before my last mile, I was motivated by my team to keep running," Self said.

Another motivator was the fact that these runners had put their nicknames on the back of their shirts, also with the black magic marker.

"The runners we passed had such a great attitude that they cheered us on as we passed by," said Self referring to the traditional marathoners who started prior to the team competition and who would actually run the entire 26-mile course.



Courtesy photo

Michael Freeman, Tim Baumgartner, Jason Self and Bill Relyea sport their Herc & Hog T-shirts before the beginning of the 4th Annual Air Force Marathon at Wright-Patterson AFB, Ohio Sept. 16.

With call signs like Freebird (Freeman), Scooby (Self), Wild Bill (Relyea) and T-Bone (Baumgartner), other marathoners gave encouraged shouts of "Go T-Bone! Go Scooby Doobie Doo and Bring it home, Wild Bill!"

When Self finally passed off his baton to Baumgartner, he was relieved to give it to his experienced friend who had run cross-country in college.

"I had also run cross country in college, but Tim was incredibly charged for his run, and gave the best performance of the day," Self said.

During his seven and a half-mile course Baumgartner averaged five minute, 40 second miles. "It was a mile and a half longer than I had ever raced before. This had me worried because I had no idea how to pace myself. I decided to just lay it on the line, and I knew I would be facing a stiff gut check around the six-mile mark."

Baumgartner credits his success to his mother who found her way to mile six and cheered her son to his finish.

"You never know how much family support means to you, until your mother appears out of the middle of the trees and starts cheering you on," said a very grateful Baumgartner. "My leg was on the backside of the flight line and I had to make my way through the woods where there were very few spectators. My mother was all I needed to carry me through that last mile and a half."

Other Davis-Monthan AFB runners who competed in the Air Force Marathon (finishing times):
John Pugsley (3:47:48)
Dennis Richards (5:02:48)
Ann Hollis (6:29:50)

Baumgartner said he did not remember much from the exchange of the baton except looking down and seeing bloody shoes.

"Seeing the fluid of life pouring from my feet, I knew that I had given my all and was satisfied with my performance."

Wild Bill brought it home. Relyea averaged six-minute miles to make all the team's training worthwhile. The team had spent three months prior to the marathon running various terrains, running sprints and all the while trying to beat the heat.

"We are going to start training for next year," said Self, who has now completed his third Air Force Marathon relay competition. "We want to do better, and we want to beat the Army who took the top three team places."

Nonetheless, they exceeded the personal and team goals they had set for themselves prior to the relay. And while they may have looked like low-budget rebels with their home-made T-shirts, they ran like they had a cause.

"We represented D-M well, and this victory belongs to D-M because after all, we are the awesome hercs and hogs," Self said.

Sports Shorts

Front 9 to close

Overseeding of the golf course will close down the front and back 9's this month. To minimize inconvenience, they will close at different times. Closure of the front 9 is Monday through Oct. 6; the back 9 shuts down, Oct. 10 to 13. Weekend play is unaffected. The daytime use of reclaimed water make the temporary closures necessary. Find out more by calling 8-3734.

Intramural runs

Annual 3K, 5K and 10K intramural runs are Oct. 13, 20 and 27, respectively. Active-duty runners participate by squadron for Commanders Trophy points in men's and women's categories. Competition is according to age group. Unaffiliated military and civilian athletes of all ages take part individually. All runs begin at 7 a.m., preceded by registration at 6:30 a.m. Start and finish lines are inside the Swan gate. For additional information, phone the fitness center at 8-3714.

Tennis machines

Automatic tennis practice machines can be checked out from the fitness center. There's no cost to use the equipment, which can be plugged in at the base tennis courts, across from Bama Park. Players supply their own tennis balls. Get information at the fitness center, 8-3714.

Football Frenzy

Football Frenzy is every Monday at the Desert Oasis Club. Fans are invited to the club every Monday for NFL football, snacks, pizza, wings and beverage specials. Valuable local prizes will be given away every week. Members and their guests can win mini footballs, sports bags and pullovers and a \$150 MasterCard gift card. National prize winners go to the San Francisco-San Diego game,

Dec. 3, the Tampa Super Bowl, Jan. 28, and the Honolulu Pro Bowl, Feb. 4. Trips include airfare and hotel accommodations for two, and a rental car. Only club members (either club) are eligible for national prizes.

Sponsors are SatoTravel, Miller Brewing Co., American Airlines, Comfort Inn (San Diego), Double Tree Alana Waikiki (Pro Bowl), and Air Force Clubs (no federal endorsement intended). Call the Desert Oasis for further details at 748-8666.

Skeet and trap

D-M's modern skeet and trap ranges open at 8 a.m., Saturdays and Sundays. Military shooters pay \$3 a round; civilians pay \$3.50. Per-round savings are available for purchasers of annual range fees. Ranges are at the east end of Yuma Road, adjacent to the small arms range. Find out more from the outdoor recreation center, at 8-3736.

Pro shop sale

At the D-M Lanes Pro Shop sale, buyers save 10 percent on all balls, bags and shoes. Sale items are limited to current inventory; no special orders can be accepted at these prices. Shop early for best selection. The sale ends Saturday. Get more information at 8-3461. The pro shop is open Monday through Saturday.

Golf/lunch special

Golfers buying lunch any weekend get a second meal (equal or less value) at no charge, just by showing their golf receipt. This two-for-one special is valid Saturdays and Sundays, at the Eagle's Nest Restaurant. Call the pro shop, 8-3734, or restaurant, 8-7066.

Singles golf group

The American Singles Golf Association is starting a new chapter in the Tucson area. If

you're 21 or older, single, and enjoy the game of golf, you're invited to attend the organizational meeting of the Tucson Chapter of the ASGA Oct. 12 from 5:30 to 7:30 p.m. at Starr Pass Golf Resort. Call 798-6338 or 579-5737 for more information.

Rugby players sought

Players are needed for the upcoming rugby season, which starts in the fall and continues until the spring. Call Jay Gregson, 8-2136; Larry Bates, 8-4874; or Dick Battock, 886-7003, for more information.

Aerobics, exercise classes

The staff at the Haeffner Fitness and Sports Center offer a full lineup of exercise and aerobics classes each week. Call 8-3714 for more information.

- Monday** - 11 a.m. to noon - Step aerobics (Marie); 12:20 to 1 p.m. - Spinner (Steve); 5:30 to 6:30 p.m. - Aerobics (Rumiko); 6:45 to 8:45 p.m. - Kajukenbo (Paul)
- Tuesday** - 8 to 9 a.m. - Senior aerobics (Corinne); 11 a.m. to noon - Step aerobics (Veronica/Rumiko); 12:10 to 1:10 p.m. - Circuit training (Corinne); 6:15 to 8:15 p.m. - Kyokushin (Idris)
- Wednesday** - 10:10 to 11 a.m. - Spinner (Corinne); 11 a.m. to noon - Step aerobics (Veronica); 12:10 to 1:10 p.m. - Kick box (Corinne); 6:30 to 7:30 p.m. - Belly dancing beginners (Basheera); 7:30 to 8:30 p.m. - Belly dancing advanced (Basheera)
- Thursday** - 10 to 11 a.m. - Senior aerobics (Corinne); 11:10 a.m. to 12:10 p.m. - Step aerobics (Marie); 12:10 to 1:10 p.m. - Training (Corinne); 5 to 6 p.m. - Step aerobics (Rumiko); 6:10 to 8:10 p.m. - Kyokushin (Idris)
- Friday** - 11 a.m. to 12:10 p.m. - Step aerobics (Veronica); 12:10 to 1 p.m. - Spinner (Steve); 4:30 to 6:30 p.m. - Kajukenbo (Paul)
- Saturday** - 10 to 11 a.m. - Step aerobics (Rumiko); 11 a.m. to noon - Spinner (Corinne)

Advertising



Chapel events

Protestant schedule

Today: Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

Saturday: Couples' Bible Study, 7 p.m., call 749-5550 for more information.

Sunday: Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

Tuesday: Ladies Bible Studies: 9:30 to 11:30 am, (nursery provided), Chapel 1, or 11:30 to 12:30 p.m, Chapel 1; Singles Bible Study, 7:30 p.m., Building 3220.

Wednesday: Midweek Bible Study, noon, Chapel 1; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m. Call 8-5411 for more information.

Catholic schedule

Saturday: Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.


Sunday: Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1.

Monday through Friday: Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 1.

Wednesday: Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1.

Islamic schedule

Today: Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west.



On-base clubs

Officers Club

Today: Cook your own steak night, 5 to 8 p.m.

Saturday: Prime rib for two, \$19.95.

Sunday: Regular Sunday Brunch returns, 10 a.m. to 2 p.m.

Monday: Oktoberfest is Oct. 13; call now to reserve.

Tuesday: Free potato bar at the Poly Bar social hour, 5 to 6 p.m.

Wednesday: Free tacos at the Poly Bar, 5 to 6 p.m.

Thursday: Free wings and poppers at the Poly Bar, 5 to 6 p.m.

Desert Oasis Enlisted Club

Today: Double Services Buck Night.

Saturday: Cabana opens at 1 p.m.; sports bar opens at 5 p.m.

Sunday: Club closed; Cabana open, call 747-3234

Monday: Catch NFL action at Football Frenzy

Tuesday: Two-for-one dining specials, 4:30 to 8 p.m.

Wednesday: Dollar Off Night.

Membership drive

D-M's Fall Club Membership Drive starts Monday at both clubs. New members get dinner for two, five services bucks and the chance to win a dues-free year. Current members who bring in a new member get dinner for two, five extra services bucks, and a chance to win a \$50 club credit. At the end of the drive, Dec. 22, the current member from each club who has sponsored the most new members gets two more dinners for two, five more services bucks, and a \$100 club credit. The drive ends with free parties for all members at both clubs. There's never been a better time to join your club! To learn more about the advantages of membership, call the Officers Club at 748-0660, or the Desert Oasis Enlisted Club at 748-8666.

Oktoberfest

Oktoberfest is 6 to 10 p.m., Oct. 13. Participants dine on an authentic German buffet, and drink German beverages. Many prizes will be given away, and Hildegard and the Rusty Greer band will perform. Club members (both clubs) and bona fide guests are \$12.95; eligible non-members add \$3. Sponsors include Arizona Coach Tours, Tucson Scorch Pro Hockey, Nova Home Loans, Harmony Therapeutic Massage, Mannatech representative Mary Jo Reid, MCI World Com and Home State Realty. Other contributors are Biosphere 2, Budget Car and Truck, Shamrock Foods, Courtyard Marriott, Residence Inn Marriott, Latasia Jewelry Consultants, Woody's Gift Alternatives and Tucson Raceway Park (no federal endorsement intended). Reservations are required. Call the O' Club at 748-0660.

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Youth programs

Today: ACC Teen Lock-in is Oct. 13, call 8-8365.

Saturday: Teen slam dunk contest, 7 to 9 p.m., call 8-8373.

Monday: Teen clothing/food drive starts; call 8-8365.

Tuesday: Youth basketball sign ups start Oct. 13, call 8-8373. Hourly child care at the CDC, call 8-3336.

Wednesday: Primaries play bingo at the youth center, 5:30 to 7:30 p.m. Haunted house meeting at youth center, 6:30 p.m.; volunteers needed. Power Hour, 4 to 5 p.m., youth center

Thursday: Clothing/food drive ends Oct. 26 at the youth center, call 8-8365. Teens, ask how you can earn youth center Teen Bucks

Food, clothing drive

Youth center teens will sponsor a food and clothing drive to benefit Tucson's Gospel Rescue Mission. The month-long drive starts Monday. Bring clean clothing and non-perishable foods to the youth center, Building 6000. The final day for drop-off is Oct. 26. Teen volunteers are needed to help with the Oct. 28 delivery. Get more details from Armando Bracamonte, at 8-8365.



Community events

Today: ITT has Entertainment Books, call 8-3700.

Saturday: Outdoor recreation trail ride is today, call 8-3736. Last day for Pro Shop Sale at D-M Lanes.

Monday: Marketplace Monday resumes Oct. 16, at the community center, call 8-3717. Golf course front 9 closed through Friday.

Tuesday: Community center kids dance classes, 5:30 to 7:30 p.m.

Wednesday: Call the community center about guitar or piano lessons, 8-3717.

Thursday: Golf course back 9 closed, Oct. 10 through 13, call 8-3734.

Toy Story on ice

See Disney cartoon characters in action, when Disney on Ice presents Toy Story, at the Tucson Convention Center, Oct. 13 through 15. Military, DoD and retired communities save \$3 at the noon performance, Oct. 14 (applies to \$17.25 and \$12.25 tickets). Discount coupons are available now, at most 355th Services Squadron facilities, or at the Information, Tickets & Tours office, in Building 4430. Call 8-3700 for more information.

Monument tour

Join the outdoor recreation center on a holiday-weekend tour of Northern Arizona's National Monuments, Oct. 7 through 9. Included on the itinerary are Montezuma's Castle and Well, Sunset Crater, Walnut Canyon, and the Wupatki and Tuzigoot Ruins. There's also a stop in Sedona to see the Chapel in the Rocks. The nights of Saturday and Sunday, Oct. 7 through 8, will be spent at Fort

Tuthill, near Flagstaff. Total cost for transportation, two nights lodging and entry fees is \$110 per person. Registration ends Tuesday. Come to outdoor recreation center, Building 4430, or phone 8-3736.



Family support

Saturday: Give Parents a Break, 2 to 6 p.m., child development center and youth center.

Monday: Financial briefing, 8 to 11 a.m., community center, Building 4201.

Tuesday: Resume Workshop, 8 to 10 a.m., community center, Building 4201. Time For Tots, 9:30 a.m. to 10:30 a.m., Chapel 1.

Wednesday: Smooth Move, 8 to 10 a.m., community center, Building 4201.

Thursday: VA briefing, 9 a.m. to noon, community center, Building 4201. Fun Time, 9:30 to 10:30 a.m., Chapel 1.

VA benefit briefing

The next Veterans Affairs briefing is 9 a.m. to noon, Thursday, community center, Building 4201. Call 8-5690 for reservations.

Information forum

The family support center is conducting an information forum, 6 to 8 p.m., Thursday, at the community center. Topics to be discussed: legal issues, readiness, family advocacy, survivor benefits, and financial planning. There will be a drawing for a free color TV. For more information and/or reservations, contact the family support center at 8-5690.

Baby basics

The next baby basics program for expectant mothers in their third trimester begins noon to 2 p.m., Oct. 10 at Chapel 1. Pat Boyd, registered nurse, presents this session. She will provide information on basic infant care, growth and development. Call 8-5690 for questions or to sign up.

Right Start orientation

Right Start is a base introductory program sponsored by the family support center, which is designed to welcome all newcomers, military, DoD civilians, and their spouses. "Tucson the Official Postcard Video" is viewed, showing an informative tour of Tucson and its nearby areas which include museums, shops, art galleries, resorts, restaurants, old western towns, and night life. Then D-M's senior leadership speak about the variety of programs available at D-M focusing on quality of life and work issues. Sign up to attend by calling Military Personnel Flight, INTRO Office at 8-3076/4478. Right Start will be conducted on the second and fourth Tuesday of each month, at the community center, Building 4201, from 8 a.m. to noon. The Medical Right Start program begins from 1 to 4 p.m. For additional information, please contact the family support center at 8-5690.

Smooth move

The family support center will conduct its next smooth move briefing 8 to 11 a.m., Wednesday, at the community center, Building 4201. This briefing covers many topics related to making a permanent change of station move. To meet the needs of those traveling with their pets, additional information will be provided at the pets are family too workshop from 11 a.m. to noon. Both briefings are open to military members, Department of Defense employees, and their spouses. Reservations are required. Call 8-5690 for reservations.

Job openings

The family support center has a superintendent position open. This master sergeant or above position covers a wide range of responsibilities aimed at assisting the director in managing family support center functions to include budget, computer resources and other functions. Individuals must enjoy working in a climate of freedom to help manage these diverse functions and assist military families, single and married alike. For more information on how to apply, contact the family support center at 8-5690. The center is also soliciting applications for the Readiness NCO position. This technical sergeant position is responsible for the well-being and care of military families during contingencies and family separation. Their principle duties include maintaining a readiness program, disaster preparedness, hearts apart program, and briefing deploying personnel. Computer knowledge is essential. For more information on how to apply, contact the family support center at 8-5690



Education services

October graduation

Seventy fellow airman will graduate from the Community College of the Air Force October 2000 Class. Lt. Gen Tom Hobbins, 12th Air Force Commander, will be the guest speaker. Please show your support by attending the luncheon/ceremony at the Desert Oasis Enlisted Club 11:30, Oct. 25. The base education center has begun taking reservations. Please call 8-3813 or 8-3812 to make your reservations now.

Embry-Riddle ranked No. 1

U.S. News and World Report's annual rankings for 2001 are out, and Embry-Riddle Aeronautical University has been ranked the No. 1 aeronautics and aerospace program in the nation. Embry-Riddle offers associate degrees in Professional Aeronautics and Aviation Business Administration; bachelor degrees in Professional Aeronautics, Management of Technical Operations, and Aviation Business Administration; and a masters degree in Aeronautical Science. Call 747-5540 or email for more information. davis-monthan_center@cts.db.erau.edu.



Other agencies

Clinic hours and phone numbers

Clinic Hours: Monday through Friday
7:30 a.m. to 4:30 p.m.

Weekend/Holiday Acute Clinic: 8 a.m. to noon.

Laboratory: Monday through Friday,
6:30 a.m. to 4:30 p.m.

Immunizations: Monday, Tuesday, Wednesday, Friday, 8 to 10:30 a.m.; Monday through Friday, 1 to 4 p.m. for adults. Monday, Wednesday, Friday, 8 to 10:30 a.m. and after D-M provider appointments for children.

Pharmacy (Main/Satellite): Monday through Friday, 8 a.m. to 5 p.m.

Dental Clinic: Monday through Friday,
7 a.m. to 4 p.m.

Dental Appointments (Active duty only): Call between 7:30 a.m. to 4 p.m. at 8-2651/2652.

Sick call: walk-in 7 to 9 a.m. & 1 to 3 p.m.

Mental Health Clinic Appointments (Active duty only): Call 8-4926 between 7:30 a.m. to 4:30 p.m.

Family Advocacy Appointments: Call 8-2104 between 7:30 a.m. to 4:30 p.m.

TriWest Care Manager, (888) 874-9378

Military technology exhibition

The Armed Forces Communications and Electronic Association International will host its 18th annual Command, Control, Communications, Computers and Intelligence Systems Technology (C4IST) Exhibition at Fort Huachuca in the Barnes Field House Wednesday, 9 a.m. to 4 p.m. and Thursday, 9 a.m. to 2 p.m. C4IST is a free event that is open to the public and provides an opportunity for open and ethical communication between government and industry on issues of common interest. C4IST also helps to foster a spirit of cooperation. Visit the AFCEA Web site at www.laser-options.com/afcea for more information.

Hispanic heritage celebration

Aerospace Maintenance and Regeneration Center employees will celebrate Hispanic Heritage Month with food and live entertainment 2:15 p.m. to 4 p.m., today. Tango couple Dave and Shelli Little and Davis Elementary School mariachi players and folklorico dancers will perform under the AMARC reclamation shelter located off of Irvington Road. Tickets are \$5 each for a shredded beef meal and the chance to win one of many door prizes. Visitors to AMARC must enter at Irvington and Kolb roads. Call Sylvia Montano at 8-8452 for more information.

Native American Heritage

The Native American Heritage Committee meeting is every Tuesday at 3 p.m. in Building 2300, Room 1020. For more information, call Capt. Ruth Kawano at 8-1594, or email her at ruth.kawano@dm.af.mil.

Air National Guard openings

There are current openings in the Georgia Air National Guard, Brunswick area. The ANG is looking for electronics (2E3X1, 2E1X1 and 2E2X1), and mechanics (2T3X4 and 3E0X2) and communications systems (3C1X1 and 3C2X1). Unit strength need tactical air command and control specialist (1C4X1's) now and Air Liaison officers. Will consider training. Call Master Sgt. Kelly Smith, 1-800-743-9231, DSN: 860-8004/5, or email kelly.smith@gasava.ang.af.mil.

Thunderbirds to reenlist D-M

The Thunderbirds commander will reenlist D-M personnel Nov. 2 upon the Thunderbirds team's arrival for A & A days. If you would like to be reenlisted in front of a Thunderbirds F-16C, please contact Capt. Patricia Muth, 8-3127, no later than Oct. 20. You must be eligible to reenlist to participate in this event; contact the reenlistment section in the MPF to determine your eligibility.

Gold Star Wives of America

Gold Star Wives of America, Inc. meeting will be held Oct. 7 at noon at the Plaza Hotel, Campbell and Speedway, Tucson. Eligible are survivors of military personnel who died on active duty or as the result of service connected disabilities. Gold Star Mothers are also welcome. For more information call 882-4709.

Retiree appreciation day

To attend the Retiree Orientation And Appreciation Day event, scheduled for Oct. 12, 8 a.m. to noon, in the Desert Oasis Enlisted Club, call the Retiree Activities Office at 8-5100, 9 a.m. to 2 p.m., Monday through Friday, to sign-up. Subjects will include: income taxes, ID cards, the DEERS program, pay, retiree dental and TRICARE programs, the pharmacy, AAFES, powers of attorney, wills, trusts and estate planning, legal support, casualty assistance, veterans benefits, the commissary and military widows. SATO Travel will have a special drawing for a door prize of two free round-trip airline tickets to any location serviced by the participating airlines. Coupon books will also be available from MWR. Space is limited so sign-up now. If calling after hours, leave your phone number, retired grade, branch of service, and number attending.

Thrift Shop open

The Thrift Shop is open Tuesdays and Wednesday from 9 a.m. to 2 p.m. Consignments are taken until 1 p.m. Call 8-2120 to reserve space for large items and furniture. The shop is located in Building 3220 on Ironwood.



Movie theater

Sunday: Coyote Ugly, (PG-13), 7 p.m.

Oct. 6: The Replacements, (PG-13), 7 p.m.

Oct. 7: Bless the Child, (R), 7 p.m.

Oct. 8: The Replacements, (PG-13), 7 p.m.

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